



DREAMAMA

WE FRAMING 2020

Festival

02.5.-7.5. ONLINE

**„LET YOUR HABITS GROW AND CREATE
YOUR STARTING ROUTINE.“**

Alexander Spitzer | Habit Coach
Spitzer Training Concepts e.U.



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STARTING ROUTINE

ONE TASK EXCEEDS COMFORT ZONE SLIGHTLY

1-3 MIN/TASK → ALL IN ALL <20 MIN

PREPARE EMERGENCY STARTING ROUTINE <5 MIN

CUE

STARTER

BODY

MIND

**DREAM
PREP**

FOCUS

CHECK

**START
DAY**

obvious
constant

easy
good mood

active
activate body

mindfulness
bring clarity

depends on
your dream

set intention
gratitude

success
see progress

start/continue
your day

alarm
sound
recording
AI voice
post-it
...

listen to music
1 min smile
1 min laugh
laughter yoga
superstar pose
applause 4U
make your bed
open window
...

movement
stretching
jumping
mini-tramp
dancing, yoga
exercises, HIIT
drink water
smoothie
...

breathing
meditation
freshen up
cold shower
focus on one
simple task
get in alpha
...

creative prep
learning prep
writing prep
drawing prep
food prep
smoothie prep
gym prep
running shoes
...

compliment
yourself
practice
gratitude
journal, diary
ikigai
connect to
your why
vision board
...

checkmarks
check
calendar
check in app
...

take care of
others
spread love
go outside
do workout
read book
get creative
start your work
(creative work
first, mails later)
...

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STARTING ROUTINE

April 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|---------------------------------------|------------------------------------|-----------------|---------------------------|-------------------------------------|-------------------------|
| | | | 1 ✓✓✓✓✓ ✓ | 2 ✓✓✓✓✓ ✓ | 3 ✓✓✓✓✓ ✓ | 4 ✓✓✓✓✓ ✓ |
| | | | First Quarter ✓ | | | Take a leap of faith. ✓ |
| 5 ✓✓✓✓✓ | 6 ✓✓✓✓✓ | 7 ✓✓✓✓✓ | 8 ✓✓✓✓✓ ✓ | 9 ✓✓✓✓✓ | 10 ✓✓✓✓✓ | 11 ✓✓✓✓✓ |
| Connect with nature. ✓ | Dare, dream, go! ✓ | Full Moon ✓ | | Get out into the world. ✓ | | |
| 12 ✓✓✓✓✓ | 13 ✓✓✓✓✓ | 14 ✓✓✓✓✓ | 15 ✓✓✓✓✓ | 16 ✓✓✓✓✓ | 17 ✓✓✓✓✓ | 18 ✓✓✓✓✓ |
| Easter ✓ | | Third Quarter ✓ | | | Billions Wks - Tullen | Trust your intuition. ✓ |
| 19 ✓✓✓✓✓ | 20 ✓✓✓✓✓ | 21 ✓✓✓✓✓ | 22 ✓✓✓✓✓ | 23 ✓✓✓✓✓ | 24 ✓✓✓✓✓ | 25 ✓✓✓✓✓ |
| Make a new friend. ✓ | | Make a list of places to travel. ✓ | New Moon ✓ | | Follow your heart where it leads. ✓ | |
| 26 ✓✓✓✓✓ As far as you can go | 27 ✓✓✓✓✓ | 28 ✓✓✓✓✓ | 29 ✓✓✓✓✓ | 30 ✓✓✓✓✓ | | |
| | Your greatest adventures lay ahead. ✓ | | | First Quarter | | |

14
+38
=52

64

72

79

GAME OF TRIAL AND ERROR

STARTING ROUTINE

Objective:

- Train to get started
- Constantly do it every day
- Exceed our comfort zone one time a tiny bit

Not Objective:

- Perfection
- Exhaustion
- Overstraining your comfort zone

TIPS FOR SUCCESS

- #1 don't miss twice
- #2 prepare an emergency starting routine (<5 min)
- #3 celebrate failure
- #4 celebrate every small improvement
- #5 remember: we grow 1% at a time – that's enough
- #6 it's a toolbox system; if something doesn't work – change it!

THANK YOU, DREAM ACADEMIA!



FOR INSPIRATION VISIT: DREAMACADEMIA.COM AND ON FB

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LET YOUR HABITS GROW!

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